

## Perio Protect Instructions

Follow instructions for use that Dr. Allen prescribed as far as the frequency of use.

- Place trays open side up; apply a thin line of gel across the tooth indentations. **DO NOT** touch the sides of the tray with the applicator to avoid contamination.
- Use a small amount of medication in the trays. If the medication seeps out of the tray or you taste a lot of medication, you are using too much gel.
- Use the small brush to distribute the gel throughout the trays.
- Place the tray in your mouth and wear for the prescribed time. Spit out any excess of gel in the mouth. Rinse the brush with cold water and let air dry.
- Once the treatment time is up, remove the trays, rinse them under cold water and brush your teeth. Let the trays dry until the next treatment time. **DO NOT USE HOT WATER ON THE TRAYS.** You could also use hydrogen peroxide or toothpaste to clean the trays.
- Try to use the trays during times that best fit your schedule; after mealtimes, shower/bath times, watching shows, before bedtime, etc...
- When properly used, 1 tube of gel should last about 4 weeks. Other tubes can be purchased at the office for \$20.00 a tube. We refrigerate our gel, but you can keep it in a cool dark place such as a medicine cabinet. **DO NOT EXPOSE TO LIGHT.**
- If there are any problems or the patient experiences discomfort please contact the office. The trays may need adjusting.
- All patients are followed up on after two weeks with a phone call. We will schedule an in office follow up approximately every 6-8 weeks during the treatment time of 23 total weeks.